Chemical elements

1. Oxygen

8

O2

Mass number 15.999

Oxygen is the most abundant chemical element.

Humans and animals need it to berth.

1. Helium

2

He

Mass number 4.0026

Helium makes things float and makes your voice squeaky like Mickey Mouse.

1. Iron

26

Fe

Mass number 55.845

Iron is a type of metal that we use to make tools such as a Hamer.

1. Zinc

Zn

30

Mass number 65.39

**Zinc**, also known as [**spelter**](http://en.wikipedia.org/wiki/Spelter), is a [metallic](http://en.wikipedia.org/wiki/Metal) [chemical element](http://en.wikipedia.org/wiki/Chemical_element). Used in batteries and alloys, such as brass. A variety of zinc compounds are commonly used, such as [zinc carbonate](http://en.wikipedia.org/wiki/Zinc_carbonate) and [zinc gluconate](http://en.wikipedia.org/wiki/Zinc_gluconate) (as dietary supplements), [zinc chloride](http://en.wikipedia.org/wiki/Zinc_chloride) (in deodorants), [zinc pyrithione](http://en.wikipedia.org/wiki/Zinc_pyrithione) (anti-[dandruff](http://en.wikipedia.org/wiki/Dandruff) shampoos), zinc sulfide (in luminescent paints).

1. Tin

50

Sn

Mass number 118.71

tin-plated metal is also used for food packaging, giving the name to [tin cans](http://en.wikipedia.org/wiki/Tin_can). Tin is added to some dental care productsas [stannous fluoride](http://en.wikipedia.org/wiki/Stannous_fluoride) (SnF2).

1. Gold

79

Au

Mass number 196.97

Gold is a yellow shiny metal used for expensive jewelry like rings earrings and necklaces its mined in Waihi.

1. Sodium

Na

11

Mass number 22.990

Sodium is an [essential element](http://en.wikipedia.org/wiki/Dietary_mineral) for all animal life and for some plant species.

1. Silver

Ag

47

Mass number [107.8682](http://en.wikipedia.org/wiki/Orders_of_magnitude_(mass))

Silver has long been valued as a [precious metal](http://en.wikipedia.org/wiki/Precious_metal), and it is used to make ornaments, jewelry, high-value tableware, utensils, and currency [coins](http://en.wikipedia.org/wiki/Coin).

1. Calcium

Ca

20

Mass number 40.078

We need calcium for strong teeth and bones.

Drink lots of milk and eat dairy products to get your calcium requirements.

1. Lead

Pb

82

Mass number 207.2

Lead is used in building construction, [lead-acid batteries](http://en.wikipedia.org/wiki/Lead-acid_battery), [bullets](http://en.wikipedia.org/wiki/Bullet) and [shot](http://en.wikipedia.org/wiki/Lead_shot), weights, and is part of [solder](http://en.wikipedia.org/wiki/Solder), [pewter](http://en.wikipedia.org/wiki/Pewter), [fusible](http://en.wikipedia.org/wiki/Fusible) [alloys](http://en.wikipedia.org/wiki/Alloy) and [radiation shields](http://en.wikipedia.org/wiki/Radiation_shield).

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